

Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

APRIL 13, 2007

3rd Marine Regiment to host 10K

Sgt. Sara A. Carter

Press Chief

Third Marine Regiment will be hosting its 14th Annual 10K Run, followed by a 1-mile children's fun run here as part of the Commanding General's Semper Fit Series April 21 at 7 a.m.

"It's a family friendly event," said Meghan Brophy, varsity sports coordinator, Semper Fit Center. "It is also a chance to support 3rd Marines."

Brophy said it is also an opportunity for units to run in formation.

"It creates a competition between units while they are running," she continued.

Last year four units ran in formation and approximately 200 people ran the race individually said Brophy.

The registration deadline for the race, which takes runners throughout the base, is before 4 p.m. tomorrow. However, individuals interested in participating in the race but can-

not make the entry fee deadline can still register, but a late fee will be added to the registration fees.

Formation or individuals may participate in the race. The entry fees are: \$18 for individuals, which includes a race T-shirt, and \$130 for a formation, which must contain at least 10 people.

Late registration fees, which apply after 4 p.m. tomorrow, are \$21 for each individual runner and \$160 for formations.

There are no registration fees for the children's fun run.

Race packets may be picked up on April 19 and 20 at the MCBH Semper Fit Center, Building 3037, from 9 a.m. to 4 p.m. or on-site the day of the event.

Check-in will be held at Pop Warner Field at 6 a.m. the day of the event.

The divisions for the race will be for both men and women or ages 19 and under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & above.

For more information on the race, visit www.mccshawaii.com or call 254-7590.



Personal trainer on a private's budget



Lance Cpl. R. Drew Hendricks

Karen Barbalace, personal trainer, Semper Fit Center, gets in some reps on the lat pulldown machine under the guidance of Leslie Pakorski, personal trainer, Semper Fit Center, at the gym here Tuesday afternoon.

Lance Cpl. R. Drew Hendricks

Combat Correspondent

Run, run, pull-ups. Run, run, crunches. Run, run, more pull ups and then run again. Marines tend to get into a routine in almost everything they do and exercising is no different. Most people find what they are comfortable with, stick to it and eventually hit a plateau in their physical fitness.

Some people don't even get that far because they don't know what they are comfortable with. In both these situations personal trainers can provide the knowledge and motivation to give that push in the right direction.

Don't have the few hundred dollars to afford a personal trainer? Well, for those serving in the military here all you need is some workout clothes and a willingness to work and you can receive training from one of the five personal trainers who are all nationally certified, at the Marine Corps Base Hawaii Semper Fit Center.

"Free is as good as it is going to get," said Leslie Pokorski, personal trainer here. "You could pay any where from \$30 to a \$100 anywhere else."

This program is open to Department of Defense civilians and military dependents as well for a fee of \$5 for each appointment.

"The initial assessments are always free though," said Pokorski.

The appointments are easy to set up; either stop by, or call 254-7597 to schedule an appointment. There

are always trainers on staff seven days a week who will schedule the appointment to meet the schedule needs of their patrons.

"We tailor everything to fit your needs," said Andi Scheeler, assistant manager, Semper Fit Center.

The training regiments are personal one-on-one workouts that are made according to the patron's needs and goals.

"We can help you tone, bulk up, burn fat and even help those who do competitive body building," said Pokorski. "We work with beginners to those working at the level of professional athletes."

They also have sports specific workout programs that can even improve a person's golf game.

The trainers don't always work out with their clients. For the more advanced athletes who just want to try something different or want to get past their plateau the trainers will design a workout program for them.

"Some of the advanced guys just use our programs and check back every week or so for updates," said Pokorski. "We also have programs to help those people who may have never actually worked out beyond running or walking."

Ed Campbell, another trainer at the Semper Fit Center, has started the Beginner Fitness Program to help anyone who is just getting started in fitness and wants guidance from a certified fitness professional.

The program costs \$45 for the six-week program and is free to

service members. To sign up for the program, just call, or stop by the front desk at the Semper Fit Center.

Personal trainers are not just for those who are in bad shape. They are also great assets to those who want to push their physical fitness to the next level.

"If you try to do it yourself you may lose motivation and get stuck in a routine that won't get you very far," said Pokorski. "Trainers are there for motivation and accountability; they also encourage you to try something new."

One thing that Scheeler focuses on is getting people past the workout norms.

"Some guys just run and run and run and never go for anything different," said Scheeler. "Cross-training is something I like to promote for overall fitness."

Scheeler also holds classes for unit physical training that commanders can call in and schedule for their troops.

The trainers at the Semper Fit Center said they just want to help improve the fitness of the Marines and family members here.

"Not many people know we are here," said Pokorski. "It's a great service and it's free."

Some Marines may think a personal trainer isn't for them, but the trainers said it can benefit almost anyone.

"You shouldn't be afraid to try something new," said Pokorski. "It's nothing like Richards Simmons' 'Sweating to the Oldies.'"

K-Bay youngsters reach top of cheerleading pyramid

Christine Cabalo

Photojournalist

They've got spirit, and now cheerleaders from the Dance Movement Academy aboard Marine Corps Base Hawaii, Kaneohe Bay have the title to prove it. Last month, the cheering team won first place in the youth recreation division at the 2007 Aloha International Spirit Championship.

"We had a lot of fun," said Amy Shook, head coach for the cheerleaders during the championship. "I wanted the girls to have a great experience. They were pushed to work together as a team."

Team practices focused on the recent contest since January, according to Shook. When the cheerleaders weren't working on specific routines for competition, they were practicing technique for performances during football games. Four hours each week the girls practiced their winning routine at the base's Youth Recreational Activities Center. The team is already preparing for its next performances in May, according to Shook.

The all-female group is comprised of girls age 7 to 12. Shook said working with young children wasn't difficult, and team members learned to



Christine Cabalo

Shaina Cuellar (right), coach, observes her cheerleading team in bowling pin formation during practice here April 6. The Dance Movement Academy cheerleaders are rehearsing new routines in preparation to compete for May, and they practice four hours each week. The team is comprised of girls who are 7- to 12-years-old.

look beyond the age of others.

"Teamwork was the main lesson I tried to teach them," she said. "I guided the girls to think of each other as real teammates. I stressed the fact we were a team, and everyone should respect the talents of others."

Helping to build this talent are two additional cheer programs now offered by the academy for children on base: a cheerleading technique class and a "keiki cheer" class for young children. Each of the classes concentrates on teaching cheerlead-

ing fundamentals and giving students a chance to expand their skill set.

In the main cheering class, new coach Shaina Cuellar said she's working on making lessons more structured to enhance technique.

"They're doing more conditioning," she said. "I'm making sure they have a better grasp of fundamentals: motions, proper jumping technique, and knowing correct terms."

In centering on technique, Cuellar said she hopes it will solve a reoccurring problem of children reg-

ularly leaving the team because their parents in the service are relocated.

She said any needed alternates can now be taken from the two new classes. The main goal of the academy is to get the team to compete on an all-star level, opening them up to more opportunities for advanced athletic growth and more competitions.

"They're hard workers," said Shook, when asked to describe her former students. "The girls think of each other now as teammates, and they all try to help each other."

The team is scheduled to perform in two showcases and compete at the Sharp Hawaii World Finals next month in Honolulu.

Cuellar said her method of coaching the girls is to keep each practice fun while ensuring the students maintain good form. She said by keeping the classes entertaining yet focused on developing athletic growth, students and their parents take more pride in the overall effort.

"I keep the class moving," she said. "I try to keep them busy with as many exercises I can throw at them. We practice basic positions, work on routines, and expand their technical knowledge. They'll have to continually be alert."

With their recent win, Cuellar said she would love to have more people on the team. The program is open to all children of service members, and everyone who signs up gets to participate. The academy takes new students on the first of every month, and the new coach said the policy reflects a spirit of teamwork.

"We're teaching children more than just a sport," she said. "They learn to work together. Hopefully, they'll lead happier and healthier lives."

Kids cause ‘Racket’

Story and Photos by
Cpl. Mark Fayloga
Combat Correspondent

The Base Tennis Shop is currently offering Summer Junior Tennis Lessons, Mondays through Fridays, to children ages 4- to 18-year-old at various skill levels.

The three different programs offered are Tiny Tot (4-years-old and beginner), Beginner and Intermediate, and Advanced. The classes vary in price from \$7 per class to \$27 per class.

“It’s a fun sport,” said Sinapao Roberts, course lesson instructor and Marine Corps Tennis Academy Tennis Pro. “It’s a challenge. You get a good workout, it’s not easy but it’s fun.”

According to Roberts, in the Tots and beginners classes children are taught to focus on the fundamentals and play a lot of learning games to help them build an appreciation of the sport and get excited to play.

Thomas Burt, a student in the beginner class, can attest to the level of fun in the class.

“The class is very fun because of all the games we play,” said the excited 8-year old. “We play all kinds of games.”

During the after school beginners class, students can be seen with a permanent smile on their face from the ‘fun games’ but Roberts is sure to match each joke and game with a lesson that has the kids perfecting their fundamentals and form without realizing it.

“Coach is kind of silly sometimes and he has jokes,” said Burt, who also included that he has gotten better at tennis since coming to the class.

The classes aren’t all about fun though. While team sports like basketball and football can help a child develop teamwork and social skills, tennis can help them grow individually.

“Tennis is an individual sport,” said Roberts. “Kids learn to do a lot of things by themselves. It helps them build personal confidence.”

For more information about the Summer Junior Tennis lessons or other programs offered by the base tennis shop, contact 258-8081.

Lauren Tlapa, 8, practices her serves with help from coach Sinapao Roberts, Marine Corps Tennis Academy Tennis Pro at the base tennis courts Tuesday.



Duncan Guhl, 7, braces himself for the catch during a game played by students in the After School Beginners Class.



Lauren Tlapa, 8, drills a serve during the After School Beginners Class at the base tennis courts Tuesday.



Liam Guhl (right), 5, unleashes the fury during class as his brother, Duncan, looks on at the base tennis courts Tuesday. The Base Tennis Shop offers a number of classes for those interested in taking up the sport.

SPOTLIGHT ON SPORTS



Intramural baseball standings

TEAM	WINS	LOSSES	TIES
HQBN	9	1	0
3/3	9	2	0
MAG-24	7	4	1
CSSG-3	4	5	0
VP-9	4	5	1
VP-47	1	6	0
3RD RADIO BN	0	11	0

* standings as of Tuesday

Bowling stats

Team Standings													
Place	Team Name	Points Won	Points Lost	Team Ave.	Pins plus HDCP	Handicap	Place	Team Name	Points Won	Points Lost	Team Ave.	Pins plus HDCP	Handicap
1	AINOKEA	31	13	621	142	25883	11	Effin' H	23	21	595	162	25230
2	Illegal Affairs:ReDux	30½	13½	645	122	26019	12	Big Ern's Kids	21	23	535	210	20296
3	Team Whidbey	28½	15½	592	164	25305	13	Golden Eagle's	20	24	612	150	24886
4	Flaming Hookers	28	16	625	137	25440	14	The Happy Team	20	24	523	220	22525
5	BANNED	26	18	613	148	25022	15	Team 17	18	26	431	293	23753
6	VP-9	26	18	525	219	24518	16	The Untouchables	16	28	458	272	23970
7	3 Putts	25	19	555	194	25123	17	Da Pin Droppers	15	29	442	285	24390
8	4th Force Recon	25	19	542	204	24736	18	Team 3	14	30	601	158	17885
9	Ghost Team	24½	19½	537	208	25255	19	Team Ramrod	13	31	459	271	21890
10	Pinheads	23½	20½	537	209	24824	20	The Blue Ballers	7	37	520	222	21425

Results of Last Week's Bowling.....													
Lanes	Team Name	-1-	-2-	-3-	HDCP Total	Last Wk WON	Team Name	-1-	-2-	-3-	HDCP Total	Last Wk WON	
1-2	The Happy Team	740	803	727	2270	4	<--->	The Blue Ballers	733	778	637	2148	0
3-4	Effin' H	743	724	796	2263	1	<--->	Ghost Team	746	810	739	2295	3
5-6	Da Pin Droppers	773	739	802	2314	1	<--->	Team Ramrod	834	748	796	2378	3
7-8	3 Putts	804	824	829	2457	3	<--->	AINOKEA	825	760	755	2340	1
9-10	4th Force Recon	737	723	719	2179	3	<--->	VP-9	691	709	737	2137	1
11-12	Pinheads	812	771	784	2367	4	<--->	The Untouchables	741	702	749	2192	0
13-14	Team 17	740	716	898	2354	3	<--->	BANNED	729	790	765	2284	1
15-16	Team Whidbey	757	724	829	2310	1	<--->	Big Ern's Kids	760	813	786	2359	3
17-18	Illegal Affairs:ReDux	875	847	752	2474	4	<--->	Team 3	754	801	718	2273	0
19-20	Golden Eagle's	758	770	751	2279	1	<--->	Flaming Hookers	746	786	778	2310	3

Last Week's High Scores for Immediate Release													
Scratch Game		Scratch Game		Scratch Series		Scratch Series							
Men	224	Raymond German	202	Shawn Harrison	618	Shawn Harrison							
	215	Shawn Harrison	201	Charlie Nunley	601	Charlie Nunley							
	214	Mark Gleason	201	Charlie Nunley	579	Mark Gleason							
	211	Jim Martin	201	Shawn Harrison									
	211	Geoff Miller	200	Raymond German									
	202	Tracey Johnson											
Women	212	Melenie Nixon	184	Abby Hammond	572	Melenie Nixon							
	189	Ronna Weyland			520	Abby Hammond							
					490	Carey Berkly							

Youth

Dance and Gymnastics classes are available for children between the ages of 1 and 18. Classes are held Monday through Saturday and encompass areas of interest such as Team Gymnastics, Tumbling and Trampoline, Cheerleading, Jazz and Tap Dancing, Hula and others. Interested participants call 479-3273 to arrange your free class. Fees will vary according to class frequency and length.



Sports Briefs

Youth Soccer Now Registering

Youth Activities is accepting youth soccer registration now through April 30. The season begins June 4, and is open to all authorized patrons born between 1992 and 2002. The cost for the league is \$60, and all participants must be Children, Youth and Teen Program members. Visit Youth Activities between 9 a.m. and 5 p.m. in Building 1090B or call 254-7611 for further information.





File photo

In the top of the seventh inning, James Prince, MAG-24 third baseman, crushes a ball to right — center field to help take the lead — but clutch hitting by Dirty Third in the last inning carried them to a 13-12 win in an intramural softball game here, May 24, 2006.

Varsity sports looking for a few good coaches, players

Sgt. Sara A. Carter
Press Chief

Three varsity sports teams are looking for coaches and players for the start of the 2007 Varsity Men's and Women's Basketball and Men's Softball season.

According to Meghan Brophy, varsity sports coordinator, Semper Fit Center, basketball is ongoing. Players are always welcome to sign up because there are always leagues for the team's members to play in.

Men's softball, which is played from August through September, is holding its tryouts for players sometime in May. Anyone is eligible to become a player or coach. However, it is preferred that individuals have knowledge and experience with the sport before they seek to become a coach.

Marines who participate in these sports have a great opportunity to travel, Brophy said. They often have a chance to be picked to participate on an All-Marine Team.

For more information on varsity sports, or for an application to become a coach call Brophy at 254-7590.

Marine Corps Community Services Athletic Programs

The Athletic Department promotes year-round intramural programs for men, women and youths, and is designed to promote good sportsmanship and goodwill. Athletic events include the Commanding General's Semper Fit Series and special events. Facilities include the Semper Fit Centers and athletic fields. For more information on services offered by MCCS visit www.mccshawaii.com.

2007 Intramural Sports Program

- April 16**
Men's Softball League starts
- May 9**
Men's & Women's Volleyball starts

- May 15**
Soccer League begins
- June 2**
Men's & Women's 2nd Bowling Season starts
- June 22**
Swim Meet
- July 14**
Men's Summer Basketball starts
- Aug. 1**
Tackle Football Practice begins
- Aug. 20**
Fall Softball Season starts

- Sept. 5**
Tackle Football Season starts
 - Sept. 25**
Flag Football Season begins
 - Nov. 21**
Intramural Golf Tournament
 - Dec. 17**
Tennis Tournament
- ### 2007 Varsity Sports Program
- May**
Men's Softball Tryouts
 - July**
Men's Basketball Tryouts

- Aug. 26-31**
Men's Softball Regionals
 - Oct. 1-6**
Men's Basketball Regionals
- For more information call 254-7591, Monday through Friday 8 a.m. to 4 p.m.



Marine wrestlers bring home team awards

Steven Dinote

USMC Sports

The All-Marine Wrestling team grappled their way to another team silver medal and brought home eight individual medals at the 2007 Armed Forces Wrestling Championship at Fort Carson, Colo., March 21-25.

With six 2006 Marines either in Iraq or preparing for war, Head Coach Maj Dan Hicks introduced five new Marines to the Armed Forces mat.

Jacob Clark (84 kg), who recently won the Greco-Roman World Cup in Antalya, Turkey, captured gold medals in the Freestyle and Greco-Roman competitions. In addition, Jeremy Mclean (60 kg) won the Greco-Roman gold; Jeremy Pederson (96 kg) won the silver medal in Freestyle and Greco-Roman; James Shillow (66 kg) earned Silver in Greco-Roman despite battling a stomach virus; Donovan Depatto (60 kg) and Andrew Hogan (55 kg) won silver in the Freestyle competition.

The U.S. Army won the team gold and the Air Force and Navy finished 3rd and 4th respectively. The gold medalist qualifies for the CISM World Military Games Oct. 10-22, in Hyderabad, India. Coaching the United States Armed Forces Team is Rob Herman (Navy) and Dan Hicks (USMC).

Complete Results:

**March 24
Fort Carson, Colo.**

Medalists

121lbs/55kg

Eric Albarracin (Army/Fort Carson, Colo.) GOLD -- Andrew Hogan (Andrew Hogan (Marine Corps/Okinawa, Japan) SILVER

132lbs/60kg

Josh Habeck (Army/Fort Carson, CO) GOLD -- Donovan Depatto (Marine Corps/Camp Lejeune, N.C.)

Note: All gold medal winners listed above are eligible to represent the U.S.

Armed Forces in the 4th CISM Military World Games, October in Hyderabad, India. Rob Herman (Navy) was named Head Coach of the Armed Forces Team Dan Hicks (Marine Corps) was named assistant coach.

145.2lbs/66kg

Glenn Garrison (Army/Fort Carson, Colo.) GOLD -- Jacob Hey (Air Force/Peterson AFB, Colo.) SILVER

162.8lbs/74kg

Philip Simpson (Army/Fort Carson, Colo.) GOLD -- Peter Hicks (Air Force/Peterson AFB, Colo.) SILVER

184.8lbs/84kg

Jacob Clark (Marine Corps/Cherry Point, N.C.) GOLD -- Willie Parks (Army/Fort Carson, Colo.) SILVER

211.2lbs/96kg

Brad Ahearn (Army/Fort Carson, Colo.) GOLD -- Jeremy Pederson (Marine Corps/MCB Quantico, VA) SILVER

264lbs/120kg

Timothy Taylor (Army/Fort Carson, CO) GOLD -- Brenden McLean (Air Force/Tyndall AFB, Fla.) SILVER

Freestyle Team Scoring by Round

Rnd 1 Army def Navy 28-2; Marine Corps def Air Force 15-1 Rnd 2 Army def Air Force 25-4; Marine Corps def Navy 24-4 Rnd 3 Army def Marine Corps 28-4; Air Force def Navy 26-7

Freestyle Team Standings

- 1st place -- Army
- 2nd place -- Marine Corps
- 3rd place -- Air Force
- 4th place -- Navy

**March 23
Fort Carson, Colo.**

Medalists

121lbs/55kg

Eric Alberrican (Army/Fort Carson, Colo.) GOLD -- Anthony Brooker (F.E. Warren AFB, Wyo.) SILVER

132lbs/60kg

Jeremy McLean (Marine Corps/Okinawa, Japan) GOLD -- Jason Tolbert (Army/Fort Carson, Colo.) SILVER

145.2lbs/66kg

Marcel Cooper (Army/Fort Carson, Colo.) GOLD -- James Shillow (Marine Corps/Camp Lejeune, N.C.) SILVER

162.8lbs/74kg

Keith Sieracki (Army/Fort Carson, Colo.) GOLD -- Peter Hicks (Air Force/Peterson AFB, Colo.) SILVER

184.8lbs/84kg

Jacob Clark (Marine Corps/Cherry Point, N.C.) GOLD -- Justin Millard (Peterson AFB, Colo.) SILVER

211lbs/96kg

Phillip Johnston (Army/Fort Carson, Colo.) GOLD -- Jeremy Pederson (Marine Corps/MCB Quantico, Va.) SILVER

264lbs/120kg

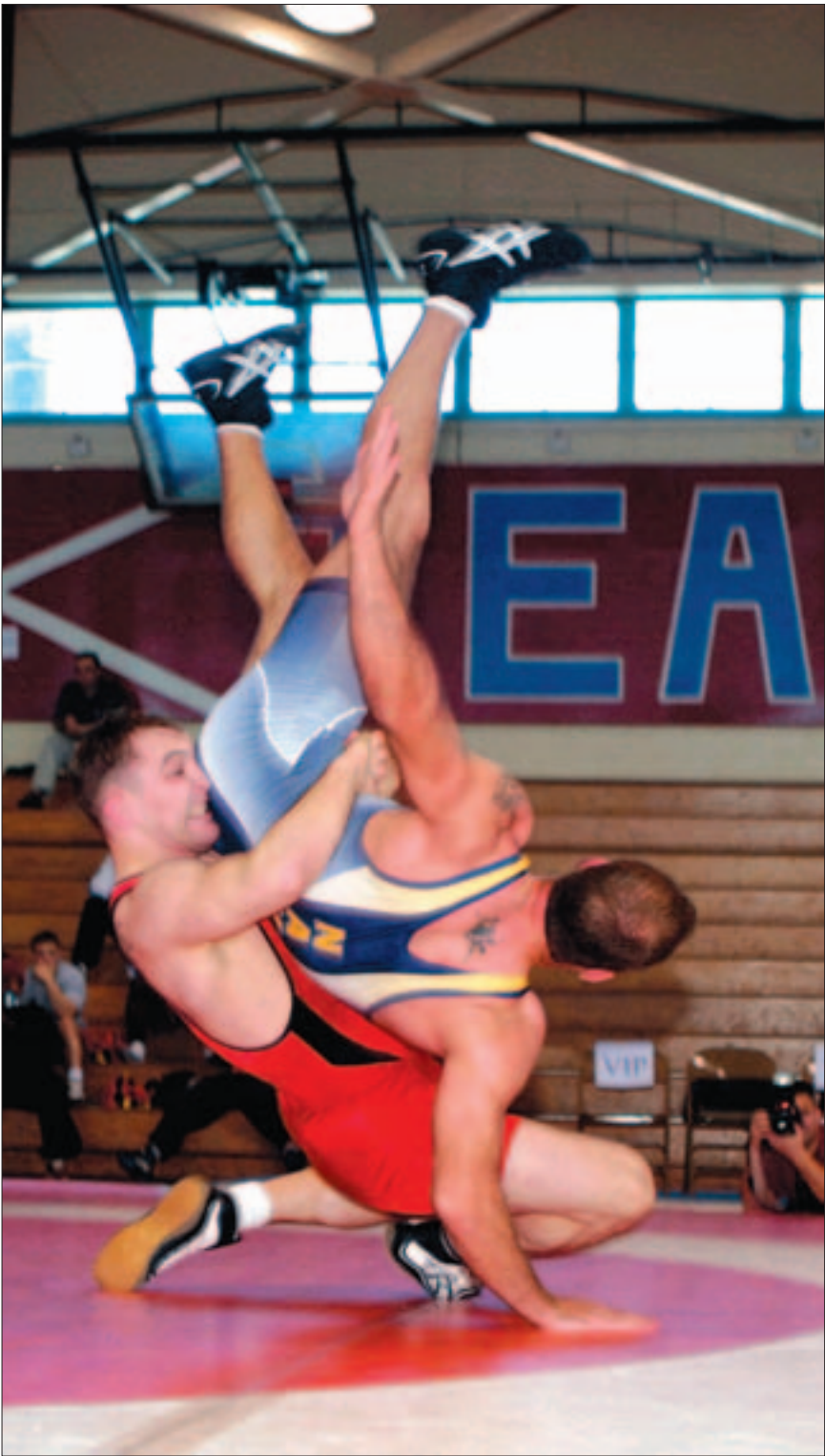
Dremiel Byers (Army/Fort Carson, Colo.) GOLD -- Mark Simmonds (Navy/NAVSTA Mayport, Fla.) SILVER

Team Scores

Rnd 1 Army def Navy 26-2; Marine Corps def Air Force 15-12 Rnd 2 Army def Air Force 21-6; Marine Corps def Navy 22-6 Rnd 3 Army def Marine Corps 19-9; Air Force def Navy 25-7

Greco Team Standings

- 1st Place -- ARMY
- 2nd Place -- Marine Corps
- 3rd place - Air Force
- 4th place - Navy



USMC Photo

Marines Corps Wrestler, Jacob Clark (in red), takes down United States Navy wrestler Joseph Axiotis to win the gold medal at the 2004 Armed Forces Wrestling Championships held at Archbishop Rummel High School, New Orleans, La., in 2004. Clark wrestles both Greco-Roman and freestyle in the 84k weight class and recently won gold again at the 2007 championships.

AROUND THE CORPS

Little run just for fun

Citadel Marines raise money for the Injured Marine Semper Fi Fund

Lance Cpl. Jason D. Mills
MCAS Beaufort

MARINE CORPS AIR STATION BEAUFORT, S.C.

— The ground trembled. The sound of nearly 80,000 feet pounding the pavement echoed through the air like a booming storm cloud.

Their proud determination was almost palpable as nearly 40,000 people ran the 10-kilometer Cooper River Bridge Run in Charleston, S.C., March 31.

The annual run is held to promote continuous physical activity and a healthy lifestyle.

However, for the 25 runners in “boots and utes” it was about something much more.

Twenty-five of the Marines and cadets from The Citadel’s Naval Reserve Officer Training Corps detachment ran this year’s Cooper River Bridge run in Charleston to raise awareness of the financial needs of Marines wounded while serving in Iraq.

"The whole idea is to set ourselves apart and raise more awareness in the local community about the needs of injured Marines and the Injured Marine Semper Fi Fund," said Capt. Matthew Kutilek, a Marine Officer Instructor at The Citadel.

As if running the six miles in heavy combat boots and green utility trousers wasn’t enough, the Marines who participated also decided to wear a 55-pound pack.

"Once you put on the Marine Corps uniform, it’s not about you anymore; it’s about the Marines you serve,” said Maj. Steve Pritchard, an MOI at The Citadel. “In our capacity we are looking to educate our students on selfless service to their local community and their nation.”

Money raised by The Citadel went to the Injured Marine Semper Fi Fund, which provides financial assistance to Marines injured in combat or while in training, to other service members injured while in direct support of Marine units and their families.

The fund also helps defray the expenses incurred during hospitalization, rehabilitation and recovery.

The overall goal of the IMSFF is to alleviate the financial burden placed on the family so that their focus can be on their loved one’s recovery, according to the group’s Web site, semperfi-fund.org.

"Marines take care of Marines - our fellow brothers," said Kutilek. "This is the least we can do in Charleston, South Carolina to help out our wounded Marines."

Since their inception in May 2004, the IMSFF has provided more than \$9 million in assistance to those in need.

"The goal (for the Semper Fi Run) is (to raise) at least 100 dollars per person times (25) people, times family members (and) times people we know," said Cadet Ross Nufsbaum.

Even though their original goal was to raise \$2,500, following Saturday's bridge run The Citadel Marines raised nearly \$83,000 for injured Marines such as Lance Cpl. Juan Valdez and his family.

"The bullet went inside my arm, my chest and out my back," said Valdez. "It fractured my T9 in my back, fractured my rib (and) collapsed both lungs."

Valdez's mother couldn't afford the plane ticket to be with her son, nor could she afford to miss work.

The Injured Marine Semper Fi Fund paid for it all.

To see future Marines run on his behalf is encouraging, Valdez said.

"We appreciate it a lot," Valdez said, who attended the race. "It's incredible the support this town has given to us."

Even so, Nufsbaum says with 55-pound pack and all, it doesn't compare to those sacrificing it all.

"Even if I was running with a 100-pound pack it still wouldn't be as tough as what these Marines have had to go through," said Nufsbaum.

For more information regarding the Injured Marine Semper Fi Fund, write to 825 College Blvd., Suite 102, PMB 609, Oceanside, CA 92057, or visit their Web site at <http://semperfi-fund.org> or e-mail Kutilek at kutilekm1@citadel.edu or Staff Sgt. Mike Harris at mike.harris@citadel.edu.



Lance Cpl. Jason D. Mills

Nearly 40,000 people ran the 10-kilometer Cooper River Bridge Run in Charleston, S. C., March 31. The annual event was designed to promote continuous physical activity and a healthy lifestyle.